

San Francisco Village News - October 2012



San Francisco Village

OUR GENERATION. OUR CHOICE.

Welcome New Members --September

Stefanie Jackson

From the Executive Director - Kate Hoepke

Dear Members:

A few weeks ago, Key and I attended a 2-day conference in Oakland hosted by the Archstone Foundation. We are one of 9 California villages that have received a two-year Archstone grant that enables us to strengthen our village and grow our membership. We came away feeling energized by conversations with colleagues, stimulated by new ideas, and connected to something bigger than ourselves.



We are part of a larger community, a growing movement of villages across California and the nation. To date, there are 17 villages in California with another 25 in development. Nationally there are 86 villages and 120 in development. Clearly, the village concept has inspired thousands of people to act decisively and create the social capital that supports aging in community. The village has touched a place in us that embraces the notion of mutuality - of being cared for beyond our immediate families, and proactively responding to the transitions of getting older. The Village is a tangible choice for those of us who believe that we are all in this together.

In addition to the Archstone Foundation, we want to thank the Wallace A. Gerbode Foundation for supporting SF Village with a recent grant award. We deeply appreciate their confidence in our ability to build community and advocate for older adults.

Heartfelt thanks to everyone who has contributed so far to our annual fundraising event, Discovered Treasures, which takes place on October 19th. There is still time to buy your tickets and participate in this fun and creative way to support SF Village!

Kind regards,

Kate

Special Event!

JOIN US FOR DISCOVERED TREASURES®

A Fabulous and Fun! Fundraising Event on Friday, October 19th (5:30 – 8 pm) at **The St. Francis Yacht Club** on the San Francisco Marina (99 Yacht Road).

Mark your calendars for October 19th and alert your family and friends! The inspiring views of the St. Francis Yacht Club will provide the perfect ambiance for a special evening of socializing and treasure "hunting" highlighted by refreshing beverages and cocktails, live music and silent and live auctions.

It would be so grand to have you come join us as we discover (and uncover!) the value of beloved treasures, with all contributions and proceeds benefiting San Francisco Village. We'd also love your assistance in finding quality auction items and treasures. We would especially appreciate the following kinds of donations:

- Wine
- Gift certificates, e.g., restaurants, book stores, fashion
- Tickets to cultural and sports events, e.g., 49ers, Giants, opera, ballet, theater, concerts
- Vacation homes

- Jewelry

Please contact *Discovered Treasures*® co-chairs Babs Barber at (415) 567-2532 or Judith Fast at (415) 655-3632 regarding suggestions and possible donations of auction items or if you would like to help with the event.

Special thanks to *Discovered Treasures*® sponsors to date: Bonhams & Butterfields, Charles Schwab Foundation, First Republic Bank and CitiScape Property Management, Inc.

We are looking forward to seeing you at *Discovered Treasures*® 2012, and in helping us raise funds for the amazing work that San Francisco Village is doing for seniors in San Francisco.

"Celebration of Service" For SF Village Veterans

A Hands On Bay Area, Home Depot and SF Village Partnership Project
By Ellen Sandler

Recently SF Village participated for the second time in Home Depot's "Celebration of Service," a program whose primary objective is to repair and upgrade the homes of our veterans across the country.



On September 6th, Home Depot teamed with Hands On Bay Area (HOBA), a local organization that provides volunteers for community based projects. HOBA invited the Village to select members who are veterans or widows of veterans that needed a variety of home repairs. It was my good fortune to participate in this incredible day, as well as to talk with the Village member recipients and the work crew managers. Our volunteer photographer, Sue Baum, joined us to document the events of the day.

John Hayes, a Navy vet, and his wife Joan, needed exterior paint on their two-story townhouse. Since HOBA volunteers are prohibited from climbing the full height of the Hayes' home, Home Depot opted to give them a \$2,500 gift card to

cover the cost of supplies and professional painters. John is thrilled with this generous gift and remarked that since the amount is well above his needs, he plans to use the excess funds to help a neighbor complete a similar project!

Albert Sipp, who served in Germany, had multiple tasks in mind when Home Depot visited him prior to the project date. He wanted his garden, which had become “something of a jungle,” cleaned up and made presentable. What Albert got was a team of volunteers who took the task to heart and dug, pruned, raked, bagged and carted away dozens of bags of overgrown foliage and then installed a collection of brand new plantings and ground cover to create his now lovely garden! His deck was power washed and refinished, a new sliding glass door was installed, grab bars added in the shower, a handrail on a previously rail-less set of stairs was put in place, plus repainting of the living and dining rooms! Al was thrilled to have his house crawling with a team of young volunteers who were efficient, professional and thorough! “As you get older, you start to get disillusioned with the world. And then you see all these young people who are doing good things and it really makes everything seem right again,” said Sipp.

Home Depot, originally dedicated to assist the “do-it-yourself” market, recently acquired Silicon Valley-based Red Beacon to cater to the “let someone else do it” client. The “Celebration of Service” program, according to Red Beacon’s CEO and Home Depot’s Vice President, Anthony Rodio, is designed to ensure that every veteran will have a safe place to call home. Home Depot plans to spend \$50 million on the nationwide project in three years. “What better group than veterans to honor with this program,” said Rodio.

Phyllis Johnson, whose late husband Lt. Col. Benjamin C. Johnson, was stationed at The Presidio, had lots of work done by the volunteers as well. Once again, the exterior paint job was too complex for HOBA volunteers. Home Depot asked its partner, Glidden Paints, to donate paint and join the crew. Glidden sent more volunteer staff (including three of their vice presidents) to see that the job was done well. Interior and exterior paint jobs were completed in addition to deck repairs and the stripping and refinishing of the front door. Phyllis said she felt like she experienced an “extreme makeover,” and that she had “won the lottery” by having her home included. “It’s like Christmas in September,” said Johnson. “Home Depot, HOBA and San Francisco Village are amazing.”

What a wonderful project and what wonderful partners SF Village has!

Friendly Calls Lead to Tea and Friendship

By Keyatta Shade

When new members Norma Young and Janey Norman started the Friendly Calling Program, they hoped to connect with someone, who at a minimum, could check on their well-being on a daily basis. What they received from the relationship was much more. Like many older adults, both women had recently lost significant others and their social network had started to dwindle as friends either passed on or moved away. What started as a simple gesture to check in on each other soon developed into a warm and caring friendship.



After an initial phone conversation, Norma and Janey decided to meet in person and talked for nearly two hours over tea. That led to another meeting the following Sunday after church, for brunch and a drive around San Francisco. Later that week, the ladies met once again for lunch at the Curbside Café on California Street and went for a walk in the upper Fillmore. “Norma had not been to that area in quite some time, so it was neat to see her reaction to all the storefront changes that had occurred over time,” said Janey.

Since then, the women have attended a few Village related activities together including the play reading group, which they really enjoyed, and the Diamond Heights Neighborhood Circle meeting, where they agreed to start a walking group for Village members in that area. Janey is delighted with this unexpected membership benefit. “As we grow older and in some cases are living alone without close family nearby, it is important to have a group of people to connect and share activities with,” Janey said. Norma agrees. “There is a generational difference with most of the people I know. I appreciate having someone of my own generation that I can share similar experiences with,” said Norma. “Janey and I share companionship. Sharing is the key word.”

Both women have lived in San Francisco their entire lives and feel a connection on that level. “We’re both aware of San Francisco’s history. That familiarity makes us feel like we have known each other a long time, even though we’ve just met,” Janey says. “Our friendship is wholesome and fun. “I am very grateful for finding Janey,” said Norma.

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Did You Know?

San Francisco Village has a refreshed website! You'll see beautiful photographs of active members, an in-depth description of member benefits, updated links to experts, partners and news articles, an easy to read calendar of events and much more! Beginning next month, we will schedule training sessions for any members who would like instruction on how to access all that the new website offers.

Volunteers of the Month — Ellie and Larry Lurie

As founding members of San Francisco Village, Ellie and Larry Lurie have made a significant investment in the success of the Village. Most recently, their combined efforts have been instrumental in launching the new Transition to Home (T2H) program,



which provides trained volunteers to assist members home from a hospital stay. Once home, the role of the volunteer is to ensure there is a meal, to pick up any prescription medications, to wait for a professional caregiver, friend or family member to arrive at the member's home and provide follow up reminders for any post-op appointments.

Ellie has seen first-hand the importance of transitional care from hospital to home. When caring for her own mother, she faced many issues that she had not planned for such as finding weekend care after a hospital discharge that didn't include a home care plan. She spent several stressful hours putting together an appropriate plan. "For these personal reasons, I believe transitional care is very important and a significant service San Francisco Village can provide members," Ellie said. "From my own experience, I know that transitional care is crucial to successful recovery."

Larry echoes those sentiments. "I don't know what is going to happen to me, but something will, and it is comforting and reassuring that my wife and family have a backup to come to our support and aid if I become unable to engage in the activities I'm currently involved with."

The Luries, who actively participate on the T2H committee, bring a strong perspective grounded in their healthcare-related backgrounds. Larry is a retired physician specializing in psychiatry and Ellie is a retired gerontologist with an emphasis in transitional care from hospital to home. Their leadership on the committee has led them to research similar transitional care programs and facilitate communication with other organizations engaged in similar work, which ultimately strengthens the program. "Their thought leadership has contributed to my own understanding of what we are capable of as a village," said Kate Hoepke, Executive Director. "Their ideas and feedback have stretched my thinking and helped me develop greater value and meaning for our members."

Coffee & Conversation — October 10th

**Wednesday, October 10th,
2:30 p.m. to 4:00 p.m.**

Join us for a discussion with guest speaker Mary Anderton from the The League of Women Voters.

Location: IOA Auditorium,
3575 Geary Blvd at Arguello

For more info call (415) 387-1375 or email
info@sfvillage.org

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Members:

**Need a Village Volunteer to
Help You?**

Larry summarizes his membership this way: "I see SF Village as giving me a chance to grow old and die in the home I enjoy. Whether it is help after I am hospitalized, or assistance in making my computer work, or keeping financial records for me that I can no longer fathom, I hope that I can turn to SFV for a volunteer, or a professional vetted by SFV, or a recommendation on how to solve my problem. I feel assured that SFV will be there when I need it."

Member to Member

Ralph Beren:

I. I am happy to state that we have launched the new movie club which will be meeting the third Wednesday of each month. There are presently 5-10 members in the group and we are looking for more people; perhaps up to 15 movie lovers. We have begun to compile a list of older great movies such as Jules and Jim, Sophie's Choice, Wild Strawberries and Women in Love. The Club is open to those who have a sincere interest in some of the old classics. For our October meeting we will meet at one of the member's homes. We meet from 4:00 p.m. to 6:00 p.m. We will remind you of the movie selected and where it is to be held about a week previous to the meeting. Refreshments and interesting discussions will highlight the evenings. Judging from our previous meetings this should be an exciting and enriching group.

II. Whomever is interested in the second debate on October 11th is invited over to Ralph Beren's house at 1914 Lyon St. "I chose the second debate because this is normally when people have made up their minds." We will meet at 15-30 minutes before the debate begins. These debates have generated their own interest, considering how split the vote is at the present time. I cannot think of a better way to honor the debate than to celebrate it with friends. Please bring your own food. I will provide beverages. I live at the corner of Lyon and Clay. Ring the bottom buzzer and come on in. All are welcome from codes 94115 and 94118. My address is 1914 Lyon St almost at the corner of Clay. Please RSVP BY e-mail at RALPHBEREN@comcast.net or phone: 929 8309

Fran Johns:

"Carry On Laughing: Geoff Hoyle on Humor and Aging." Join us Thursday, October 4th, for an afternoon with healthy aging writer Fran Johns in conversation with actor and comedian Geoff Hoyle. Sponsored by the Osher Lifelong Learning Institute (OLLI) at SF State University and presented at the SF State downtown campus at 865 Market

Call 387-1375

FORWARD

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Street, 6th Floor, from 12:30 p.m.—2:00 p.m. We'll discuss why laughing is good for your health, plus preview an excerpt from the smash hit show "Geezer." Fran Johns is a longtime board member and volunteer with Northern CA Chapter of Compassion and Choices, a San Francisco Village member, and author of the nonfiction book "Dying Unafraid." Geoff Hoyle's "Geezer" opens at The Marsh SF on October 6th, and runs through Nov 18th. From a hysterical riff on life in a nursing home to The Venerable Bede's meditations on the meaning of life, from delightful reminiscences of his youth in England and young manhood in America to ruminations on aging and mortality, Hoyle brings his irrepressible sense of comedy and trademark physicality, as well as a certain elegiac wistfulness, to this tour-de-force performance about what it is like to grow old. Contact OLLI at SF State U. (415) 817-4243 for information and tickets or view their website <http://olli.sfsu.edu/>

Margaret Mischner:

It is very easy to "trip into trouble" on our San Francisco sidewalks. You can help yourself and your neighbors – young and old – by reporting uneven sidewalks, neglected and potentially dangerous cracks and uncovered utility holes to The City's 3-1-1 service to request repairs. Give the location and type of defect. Let's protect each other physically, emotionally, and financially. Please report these sidewalk defects before another injury happens. We need to take the initiative to fix these dangerous situations. Pass it on.

Janey Norman:

A new walking group is forming in Diamond Heights. During the month of October, the outings will take place on Tuesday mornings at 10:00 a.m. Please meet in front of Creighton's Coffee Shop and Bakery at the Diamond Heights Shopping Center. The group will begin walking at 10:10 a.m. The group would like to make it a regular event and is open to suggestions for additional locations. Please contact member Janey Norman (415 -279-7920) or Keyatta Shade (415 – 387-1375) if you have any questions.

Treasure Seamster:

Members might be interested in a program called Energy Upgrade California.

There is a website: <https://energyupgradeca.org/> that has information on how home owners can improve the energy of their homes (insulation, sealing, improved heating, etc.) and receive a rebate from the State. I am planning on having a home energy assessment next week as the first step, then I will be given a report telling me how I can improve my home's energy consumption and what improvements will be counted towards a rebate.

The Movies with Ralph Beren

"Robot & Frank"

Frank is a "70 something" year-old who is suffering from loss of memory and loss of purpose. His children, otherwise

preoccupied with their own careers, have to decide what to do about his degenerative disease. Since the film takes place sometime in the near future, the solution to their dilemma is a robot. The robot is hired to keep Frank on track, clean for him and generally keep him out of trouble. This is not an easy job due to Frank's criminal past as a second rate burglar. One of the ways in which Frank spends his time is pilfering soap and other non essentials from the local shops. Although the robot is very competent in cleaning, cooking and gardening, Frank cannot bear the thought of needing help from a robot. That is, until he discovers a use for the robot in helping him plan a jewel heist from the obnoxious neighbors next door.



What makes this film interesting is that it covers more than one topic. First, there is the topic of relationships. The relationship between Frank and his children is cool and also understandable. Add to this, the friendship--kind of--between the robot and Frank. Frank likes to bend rules, and the robot, who is proficient and useful, is able to go along with some of this as long as he can compute the rules into his system. Another topic addressed in the film is how we deal with our own aging: our denials, our resistance, and our grudging acceptance. We also realize that we do not lose our memory all at once. We forget little by little. Frank, in the end, remembers what he wants to remember.

Fine performances all around especially by Frank Langella ("Frank"). Go see it-- it's a kick!

Village Volunteer Training with Keyatta Shade

Saturday, September 15th, 9:30 am — 12:30 pm

New location!

Individuals with little or no experience working with seniors can get volunteer training at one of the Village monthly training programs. Led by our staff and our community partner, Home Instead Senior Care, the training includes a discussion of important issues facing seniors, myths and facts about aging, active listening techniques, identifying hazards in the home and more.



The location of the training has been changed and will now take place in the Sage Room at Institute on Aging (IOA).

When: September 15th, 9:30 am to 12:30 pm

Location: IOA, 3575 Geary Boulevard at Arguello

If you are interested in attending, please contact our Volunteer and Member Operations Manager, Keyatta Shade, at (415) 387-1375 or key@sfvillage.org

Healthier Living Workshop! FREE!

6-Week Workshop Starting October 3rd to November 7th

Wednesdays, 2:00 p.m. – 4:30 p.m.

Do you or someone you love or care for have Arthritis, Diabetes, high blood pressure, heart problems or other chronic health problems? Learn how to:

- Manage pain, stress, fatigue and emotions
- Work better with your doctor and healthcare professionals
- Set goals and problem solve to make positive changes in your life
- Be more fit and eat healthier
- Feel better and reduce your healthcare costs

FREE gifts and awards will be given to participants completing the workshop. Everyone is Welcome! Register ASAP since space is limited. Participants need to sign up by

the second workshop on Wednesday, October 10th in order to attend the rest of the sessions.

Location: Next to San Francisco General Hospital, 2789 25th Street @ Potrero Avenue, Room 2014, 2nd Floor

Contact: Shelley Glazer, Instructor, Older Adults Department at SF City College (415) 452-5839
sdglazer@ccsf.edu

Ken Wong, Healthier Living Program Coordinator (415) 550-6002 kwong@onlok.org

Coffee & Conversation

Wednesday, October 10th, 2:30 p.m. to 4:00 p.m.

“Understanding the Ballot Initiatives” with Mary Anderton, League of Women Voters

Mary Anderton will present unbiased information about the 7 measures on the San Francisco ballot and the 11 propositions on the California ballot. She will briefly explain each proposal, its background, and what proponents and opponents say about it.

Location: IOA Auditorium, 3575 Geary Blvd

Contact: (415) 387-1375 or email info@sfvillage.org

The Play Reading Group

Wednesday, October 10th, 5:00 p.m. to 7:00 p.m.

The playreading group will read "You Can't Take It With You" by Moss Hart and George Kaufmann. The Luries will have copies of the play available.

Location: The home of Ellie and Larry Lurie, 21 21st Avenue, off Lake Street

Contact: Ellie or Larry (415) 221-2113

Discovered Treasures©

Friday, October 19th, 5:30 p.m. – 8:00 p.m.

A fun, fundraising affair!

Join us for cocktails, refreshments, live music, silent and live auctions, and our showcase event:

discovering the value of your beloved treasures. Sponsored by Charles Schwab & Company, Inc., Bonhams, and CitiScape Property Management.

Location: St. Francis Yacht Club, San Francisco Marina (99 Yacht Road)

For more info or to purchase tickets, call or email Babs Barber (415) 567-2532 Carolyn.barber@earthlink.net or Judith Fast (415) 655-3632 [jkfast1123@comcast.net](mailto:jfast1123@comcast.net)

The Book Group

Monday, October 22nd at 10:00 a.m.

The Village Book Group will discuss Isabel Wilkerson's "The Warmth of Other Suns."

This is a long book, so get started with your reading early!

Location: The home of Margaret Johnson, 550 Battery Street, Apt. 412

Contact: RSVP to Margaret (415) 673-7130 or mhjohn@comcast.net

October Weekly Events

YOGA

Hosted by Aurele Carlat

Note Time Change for Friday's Class

Yoga Levels 1-2 (some experience required)

Thursdays, 9 a.m. — 10:30 a.m.

Cost for SF Village members: Donation only

Yoga 101 for Beginners (no experience required)

Fridays, 10 a.m.— 11:15 a.m.

Cost for SF Village members: Donation only

Location: 120 St. Germain Avenue near Twin Peaks

Contact: Aurele Carlat at (415) 425-5086 or
aurelecarlat@gmail.com

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